

# ስለማህበራዊ ሚዲያ፤

ለአትሌቶችና አሰልጣኞቻቸው የተዘጋጀ፤



በስለሺ ብሥራት

ሚያዝያ 2012 ዓ. ም.

# ስለማህበራዊ ሚዲያ፤

በስለሺ ብሥራት

## ምንነት፡- ማህበራዊ ሚዲያ፤

ሰዎች ይዘቶችንና ሃሳቦችን እንዲፈጥሩና እንዲጋሩ የሚያስችል ወይም በማህበራዊ በይነ መረብ ውስጥ ተሳታፊ እንዲሆኑ ማስቻያ መድረክና ዘዴ ነው፤

## መግቢያ፤

እኛ ሰዎች በተፈጥሮ ማህበራዊነታችን በጣም የነቃ ሆነን የተፈጠርን ነን፤ ንቁነቱ አንዳንዶች ላይ አልፎ አልፎ ፈዛዛ ቢሆንም፤

በመሆኑም ለማህበራዊው ግንኙነት ማሳለጫ ይረዳን ዘንድ የተለያዩ መንገዶችን እንፈልጋለን። ከብዙ መንገዶች በተሻለ ዲታላይዝ የሆነ አሰራር ጠቃሚናናጻጻማ መሆኑን ሰው ተገንዝቦ ፊቱንና ትኩረቱን ወደዚያ መልሷል። በዚህ የዲታላይዜሽን ዘመን ደግሞ ሰዎች በርካታ የበይነ መረቦች መድረክና አፖችን ፈጥረው በንቃት ሲሳተፉባቸው እናያለን።

ግንኙነቶች በማህበራዊ ሚዲያዎች ተጀምረው ያድጉባቸዋል፤ አድገውም ያረጁና ይቋረጡባቸዋል። ሰዎች እጅ ለእጅ መጨባበጥ ወይም ፊት ለፊት መጠያየት ላያስፈልጋቸው ይችላል እስከተወሰነ የግንኙነት ደረጃ ድረስ።

ከዚህ ጥቅማቸው የተነሳ በአሁኑ ሰዓት ማህበራዊ ሚዲያዎች በቁጥርና በአይነት በብዛት ተፈልፍለዋል። [Statista](#) በሚባል መረጃ ሰጪ አማካይነት በወጣ ጥናት መሰረት እ.ኤ.አ በ2015 ላይ እስከ 2 ቢሊዮን የማህበራዊ ሚዲያና አፖች ተጠቃሚዎች ነበሩ። እየጨመረ በሄደው የሞባይል ስልክ አጠቃቀም መሰረትም በ2018 ዓ. ም. ወደ 2.6 ቢሊዮን ደርሶታል እነዚህ የማህበራዊ ሚዲያ ተጠቃሚዎች። ይህ ቁጥር በ2020 አሁን በያዝነው አመት ደግሞ ወደ 3 ቢሊዮን እንደደረሰ ይገመታል።



እናም በዚህ ውይይታችን ጠቀሜታቸውን፣ በአለም ላይ እውቅና ያላቸውን ጥቂት (66+) የማህበራዊ ሚዲያ መደቦችን፣ አሉታዊ ጎኖችን፣ ምን እናድርገንን ባጭሩ እናያለን፤

**በማህበራዊ ሚዲያዎች ልናገኛቸው የምንችላቸው ዋና ዋና ጠቀሜታዎች፤**

1. አዳዲስ ሃሳቦችን፣ ልምዶችንና ዝንባሌዎችን እንድናገኝ ይረዳናል፤
2. ከአዳዲስና ነባር ተጠቃሚዎች ጋር በጥልቀት ያገናኘናል፤
3. የምንሰራው ሥራ ትኩረት እንዲያገኝ ይረዳናል፤
4. ማንነታችን እንዲተዋወቅ ያደርግልናል፤
5. ብዙ ተከታዮችን እናገኝበታለን፤
6. ገቢ (ገንዘብ) ማግኛ ሆኖም ያገለግላል፤

**እውቅ የሆኑ ማህበራዊ ሚዲያዎች (67+)**

ፌስቡክ፣ ዩቲዩብ፣ ቴሌግራም፣ ዋትስአፕ፣ ኢንስታግራም፣ ትዊተር፣ ኢሞ፣ ቫይበር፣ ስካይፕ፣ ዊቻት፣ ቱቶክ፣ ኪውዞን፣ ተምብለር፣ ባይዲ ቴባ፣ ጎግል+፣ ኪውኪው፣ ሲናዌቦ፣ ላይን፣ ስናፕቻት፣ ዋይዋይ፣ ቪኮንታክት፣ ፓይተረስት፣ ሬድኢት፣ ሊንክድኢን፣ ታሪንጋ፣ ፎርስኩዌር፣ ሬንሬን፣ ታግድ፣ ባዶ፣ ማይስፔስ፣ ስታምብለአፕ፣ ዘዶትስ፣ ኪዊቦክስ፣ ስካይሮክ፣ ዴሊቨየስ፣ ስናፕሬሽ፣ ሬቨርቢኔሽን፣ ኔክስትዶር፣ ዋይን፣ ኬር2፣ ካሬማም፣ ሬቨርሊ፣ ሴሉፉን፣ ቫይን፣ ክላስሜት፣ ማይሄሪቴጅ፣ ቪያዲዮ፣ ዣንጋ፣ ዣንግ፣ ላይቭጆርናል፣ ፍሬንድስተር፣ ጋይያኦንላ፣ ዊኸርትኢት፣ ቡዝኔት፣ ዲቪየንትአርት፣ ፍሊክር፣ ሚትሚ፣ ሚትአፕ፣ ቶውት፣ ሚክሲ፣ ዶባን፣ ቪሮ፣ ቆራ፣ ስፕሪሊ፣ዲስኮርድ፣ላይኪ፣ ቲክቶክ፣... በጥቂቱ ለማሳያ የቀረቡ ናቸው፡፡

## Popular Social Media Sites (66+)

### Facebook



This is easily the largest social networking site in the world and one of the most widely used. And, Facebook was perhaps the first that surpassed the landmark of 1 billion user accounts.

Apart from the ability to network with friends and relatives, you can also access different Facebook apps to sell online and you can even market or promote your business, brand and products by using paid Facebook ads.

Recently Facebook has lost the trust of millions of its users by allowing 3rd parties to access over 87 million users' personal data. This is a massive breach of trust and has created a feeling of unrest amongst the social media platform's audience. So much so that there is now a #deletefacebook campaign where people are completely removing themselves from Facebook and using other networks instead. If you're concerned about what Facebook is doing with your data, then why not check out my guide on [alternatives to Facebook](#), and see if there's a better place for you to interact with family and friends. **Number of active users per month: 1.59 billion** approximately

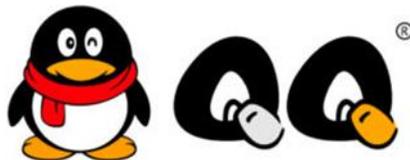
### WhatsApp



WhatsApp

Despite having been acquired by Facebook in 2014, this instant messaging platform exists as an independent entity. It arrived on the scene much later than Facebook, but has been able to capture the imagination of millions of people across the world by giving them the ability to communicate and share instantly with individuals and groups. The WhatsApp call feature is just the icing on the cake! **Number of active users per month: 1 billion** approximately

### QQ



Tencent QQ (more popularly known as QQ) is an instant messaging (chat-based) social media platform. It became international (**with more than 80 countries using it**), after it was **launched in China**.

It can be used to stay in touch with friends through texts, video calls and voice chats. It even has a built-in translator to translate your chats. To find out more, head over to our [Chinese Social Media stats page](#). **Number of active users per month: 853 million** approximately

## WeChat



This is an all-in-one communications app for messaging and calling (similar to WhatsApp) that enables you to connect with the people of your choice. It was also developed by Tencent in China and can easily work alongside QQ. As per the [BI intelligence report](#), the number of WeChat users are fast catching up with the number of WhatsApp users. **Number of active users per month: 697 million approximately**

## QZone



Like QQ and WeChat, QZone is yet another social networking service developed by Tencent. It enables you to share photos, watch videos, listen to songs, write blogs, maintain diaries and so on. It also empowers you to choose the accessories and customize the look and feel of your QZone webpages. **Number of active users per month: 640 million approximately**

## Tumblr



Having been owned by Yahoo since 2013, Tumblr serves as a social media cum micro [blogging platform](#) that can be used to find and follow things that you like. You can also use it to post anything, including multimedia, to a short-form blog. Moreover, it gives you the flexibility to customize almost everything. **Number of active users per month: 535 million approximately**

## Instagram



Instagram was launched as a unique social networking platform that was completely based on sharing photos and videos. This photo sharing social networking app thus enables you to capture the best moments of your life, with your phone's camera or any other camera, and convert them into works of art.

This is possible because Instagram allows you to apply multiple filters to your photos and you can easily post them to other popular social networking sites, such as Facebook and Twitter. It is now part of the Facebook Empire. Learn [how to grow your Instagram audience](#).

Read more on [Instagram Tools](#) to help you increase social engagement and audience numbers. Number of active users per month: **400 million** approximately

## Twitter



This social networking site enables you to post short text messages (called tweets), containing a limited number of characters (up to 280), to convey your message to the world. With the growing craze for online shopping, Twitter also makes it possible to promote your businesses and even shop directly through tweets. Learn how to [create the perfect Twitter profile](#). Number of active users per month: **320 million** approximately

## Google+ (No Longer Available)



Owned by the tech giant Alphabet (Google), this interest-based social networking platform enables you to stay in touch with people by sharing messages, photos, videos, useful links to sites and so on. It also extends support for video conferencing through Hangouts and allows businesses to promote their brands and products through Google+ business pages. Number of active users: **300 million** approximately

## Baidu Tieba



Offered by Baidu of China, a search engine company, Baidu Tieba (known as Postbar internationally) is a social forum network based on the keyword searches in the Baidu search engine. This discussion forum works on the unique concept of allowing you to create a social network group for a specific topic, using the search, or even to join an existing online social group. Number of active users per month: **300 million** approximately

## Skype



Skype, owned by Microsoft, is one of the most popular communication-based social networking platforms. It allows you to connect with people through voice calls, video calls

(using a webcam) and text messaging. You can even conduct group conference calls. And, the best part is that Skype-to-Skype calls are free and can be used to communicate with anyone, located in any part of the world, over the internet. **Number of active users per month: 300 million approximately**

## Viber



This multi-lingual social platform, which is available in more than 30 languages, is known for its instant text messaging and voice messaging capabilities. You can also share photos and videos and audio messages, using Viber. It offers you the ability to call non-Viber users through a feature named Viber Out. **Number of active users per month: 249 million approximately**

## Sina Weibo



This is a highly popular micro blogging social platform in China that is known for its hybrid mix of Twitter's and Facebook's features. **Number of active users per month: 222 million approximately**

## LINE



LINE is a globally available messaging social network that enables you to share photos, videos, text messages and even audio messages or files. In addition, it allows you to make voice and video calls at any time of the day. **Number of active users per month: 215 million approximately**

## Snapchat



This is an image messaging social platform that enables you to chat with friends by using pictures. It allows you to explore news and even check out live stories that are happening around the world. **Number of active users per month: 200 million approximately**

## YY



YY is a major video-based social networking platform in China that enables group video chats. In such chats, more than 100,000 members can watch a single person doing an activity. Such an activity can be anything from giving a tutorial video to singing karaoke, which helps the users earn virtual currency that they can later convert into cash. **Number of active users per month: 122 million approximately**

## Vkontakte (VK)



VK is one of the largest social networking platforms in Russia and has quite similar features to Facebook. **Number of active users per month: 100 million approximately**

## Pinterest



This is a photo sharing and visual bookmarking social media site or app that enables you to find new ideas for your projects and save them. So, you can do DIY tasks or home improvement projects, plan your travel agenda and so on by using Pinterest. **Number of active users per month: 100 million approximately**

## LinkedIn



LinkedIn is easily one of the most popular **professional social networking** sites or apps and is available in **over 20 languages**. It is used across the globe by all types of professionals and serves as an ideal platform to connect with different businesses, locate and hire ideal candidates, and more. It boasts over 400 million members. **Number of active users per month: 100 million approximately**

## Telegram



This instant messaging network is similar to WhatsApp and is available across platforms in more than eight languages. However, Telegram has always focused more on the privacy and security of the messages you send over the internet by using its platform. So, it empowers you to send messages that are encrypted and self-destructive. This encryption feature has only just been made available for WhatsApp, whereas Telegram has always provided it. Number of active users per month: **100 million** approximately

## Reddit



This social media platform enables you to submit content and later vote for the content. The voting determines whether the content moves up or down, which is ultimately organized based on the areas of interest (known as subreddits). Number of active users per month: **100 million** approximately

## Taringa



Taringa is one of the largest social networking platform in Latin America and allows users to share their experiences, content and more. Number of active users: **75 million** approximately

## Foursquare



This is a local search- and discovery-based social media platform that enables you to find the ideal places (based on your location) to go to with friends and loved ones. It also gives appropriate search results for the best food outlets, night entertainment places and more in your area. The social networking feature is now available in a separate app named Swarm. Number of active users: **40 million** approximately

## Renren



This is the largest social networking site in China and is literally a platform for everyone. It has been highly popular with the youth due to its similarity to Facebook, as it allows users to easily connect with others, quickly share thoughts and posts, and even update their moods. Number of active users per month: **More than 30 million** approximately

## Tagged



This is a great social media site based on friendship and dating and, in 2011, it acquired another social networking platform called hi5. It enables you to socialise with others through games, browsing profiles, common interests and so on. Number of active users: **25 million** approximately

## Badoo



This dating-based social networking site operates in more than 200 countries. It shares details about people nearby in your area and even about people whom you may have bumped into in real life. Number of active users per month: **20 million** approximately

## Myspace



This is a music-focused social networking site and provides an interactive and user-submitted network of friends. It also provides blogs, groups, personal profiles, pictures, videos and so on. Number of active users: **20 million** approximately

## StumbleUpon



StumbleUpon is an intelligent social networking platform that finds or discovers content and recommends the same to its users. You are thus empowered to discover webpages, images, videos and so on and then rate them as per your interest and taste. Number of active users: **25 million** approximately

## The Dots



[the-dots.com](http://the-dots.com) is a networking platform that helps everyone involved in the **creative process** connect, collaborate and commercialize helping build a stronger, more profitable and diverse creative sector. Born out of a genuine passion to make the creative industries more open and meritocratic, founder Pip Jamieson launched the platform in the UK in 2014.

## Kiwibox



This is a community-based social networking site, especially for those who live in New York. It offers an **online magazine** to target teens through fashion tips, advice and chat. It also allows young adults to let everyone know about their skills and interests.

## Skyrock



Skyrock is a **French social networking** site that offers its users a free and personal web space to create and post blogs, add profiles and exchange messages. Apart from French and English, it is also available in five other languages.

## Delicious

It is known for being the leading social bookmarking service. Having been launched in 2003, Delicious is ideal for storing, sharing and discovering web bookmarks. It also allows its users to tag them with any keywords.

## Snapfish



Snapfish is a web-based photo sharing social networking site that offers unlimited storage to its members for uploading photos. You can thus put away your storage space concerns for your vast collection of images.

## ReverbNation



This is the ideal social networking platform **for musicians and professionals** to connect with others in the music industry. It offers different tools to musicians to manage their careers and offers them the right access to their music industry partners and fans.

## Flixster



This is an American social networking site for people who love movies and want to connect with like-minded people by sharing their movie reviews and ratings. Its users are likely to learn about movies and get information about new movies.

## Care2



This social media site helps activists connect around the globe with similar individuals, businesses and organizations that are making an impact on society. It also encourages people to lead a healthy and green lifestyle.

## CafeMom



This ad-supported social networking website is a community for mothers and mothers-to-be that enable them to get support and advice on various topics, such as pregnancy, fashion, health and food. It also helps them learn from the experiences of other mothers.

## Ravelry



Ravelry is a community-based social network that is targeted at people who are interested in fibre arts, such as spinning, knitting, weaving and crocheting. Such people can share their own collections, different ideas and learn from the experiences of other members for better collaboration possibilities.

## Nextdoor



This is a private social networking platform for neighborhoods in the US. The objective is pretty simple: allowing users to get connected with the people in their area.

## Wayn



Wayn is a travel- and lifestyle-based social networking platform and offers its users the ability to discover where to go, what to do and how to meet like-minded people to share their experiences.

## Cellufun



This social gaming community can easily be accessed on the move from any mobile device. With this mobile gaming-based social network, users can socialize, create avatars, play games and purchase virtual goods.

## YouTube



YouTube is the [world's largest video-sharing social networking site](#) that enables users to upload and share videos, view them, comment on them and like them. This social network is accessible across the globe and even enables users to create a YouTube channel where they can upload all their personally recorded videos to showcase to their friends and followers.

## Vine



This is an entertainment-based, short-form video sharing social media site where members can easily share videos that are six seconds long. It belongs to the Twitter family and allows easy integration with other social networking platforms to share and watch videos.

## Classmates



Classmates allow users to find, connect and keep in touch with friends and acquaintances from school and college. It is also possible for users to upload their yearbook from their school years.

## MyHeritage



This is an online genealogy social platform which supports more than 42 languages and empowers its users to create family trees, upload and browse through family photos and manage their own family history. It could also be used by people to find their ancestors and get more information about them.

## Viadeo



Viadeo is an online business-based social networking site that helps business people, mostly those in Europe, connect with one another. It is available in about different languages.

## Xing



This professional social networking site offers features that are similar to LinkedIn's features, with its main users based in Switzerland, Austria and Germany. However, it is unique in the sense that it enables closed group discussions between the members of a certain company or business.

## Xanga



This blogging-based social networking platform hosts weblogs, photo blogs and social networking profiles for its users.

## LiveJournal



This San Francisco-based social networking site is available in Russia, as Zhivoy Zhurnal or Zhe Zhe. It enables users to maintain a diary, blog or journal, along with privacy controls.

## Friendster

Friendster was previously a social networking site to find friends and stay in touch, but is now a social gaming network for game lovers in Asia.

## Funny or Die



This comedy video social website is aimed at bringing together the funniest videos from the web. Celebrities follow this social platform a lot and it enables users to share, upload and rate videos.

## Gaia Online



Gaia Online is an anime-themed social networking and forums-based website. It gives users access to avatars, virtual world, games and so on.

## We Heart It



This photo-sharing social media site, which is available in more than 20 languages, is ideal for users' daily dose of inspiration or motivation. It enables users to view and share highly inspirational images with their friends.

## Buzznet



This social media site allows users to share content on the basis of their personal interests in the form of videos, photos and journals. It also seamlessly integrates with Facebook.

## DeviantArt



DeviantArt is regarded as the largest online social networking community for art lovers and artists. It enables users to take photos of their artwork and share them with others.

## Flickr



This is another highly popular photo-sharing website. It serves as a platform to upload numerous high quality images, especially by photographers or people who love photography. It is also an efficient online photo management and sharing service.

## MeetMe



Formerly known as myYearbook, MeetMe is aimed at users who want to find new friends and chat with them. This makes it highly popular among teens and young students.

## Meetup



This social networking portal enables you to find groups of like-minded people, who have similar interest to you, near your locality (anywhere in the world). It also facilitates offline group meetings and you can become a part of such groups and their discussions.

## Tout



Tout is a social networking cum micro-blogging platform that allows you to view and share videos that are 15 seconds long. The videos that are shared on this platform are known as touts.

## Mixi



This is a popular Japanese social networking service that has around 20 million active users. It enables you to connect with your friends and loved ones in a convenient way and even based on your areas of interest.

## Douban



This Chinese social networking site has something for registered as well as unregistered users. It enables registered users to record information and create content based on music, films, books and events in the cities of China. Unregistered users of Douban can find reviews and ratings of books, music and movies.

## Vero



Vero says that it's **“a social network for anyone who loves anything enough to share it – and wants control over who they share it with. Just like we do in real life.”** Vero is a subscription based social network which has no ads and does not collect any personal user data. It's a great alternative to Facebook as has some really lovely features. It's a totally different model to Facebook in the sense that Facebook needs user data in order to make money from them. Vero does collect some usage data which is used to see how often the app is used. Another great thing about the usage data they collect is how its displayed to you. Vero want to address the issue of social media addiction.

## Quora

Quora is a place where people can share and gain knowledge by asking and answering questions. [\(Q & A\)](#)

## Spreely



Spreely is a social media platform that is free from censorship and free from shadow bans. The name “Spreely” is made up from Speak & Freely, and promotes freedom of speech for all its users.

## Discord



Discord is one of the most popular platforms right now with over 250 million users, and is growing with at least a million every week. It's designed for gamers to voice and text chat. It's 100% free, secure, and works on both your desktop and phone. A great free alternative to the premium services such as TeamSpeak.

## TikTok



TikTok is insanely popular with the kids these days. If you're under 16 then this is the place to be. TikTok is a social video app that allows its users to share short videos. There's plenty of stickers, filters and augmented reality features to add to your videos. It was the 4th most downloaded app in 2018 and looks like it'll top that list in 2020. TikTok is known in China as Douyin, which means "Vibrating Sound". Available on iOS and Android, TikTok is popular for creating short music videos of between 3 and 15 seconds. You can also create short looping videos of between 3 and 60 seconds. I hope that the above list of social networking portals, which are suitable for different categories like gaming, making friends, dating, photo sharing and [blogging](#), proves valuable to you.

## የማህበራዊ ሚዲያ አጠቃቀም አሉታዊ ጎኖች፤

1. ሱሰኛ ያደርጋል፤ It Is Addictive
2. ኢ-ተግማኒ ግንኙነት ውስጥ እንዳለን ይሰማናል፤ It Gives a False Sense of Connection,
3. ራሳችንን ያወቅን ያስመስለናል፤ It Makes You Feel Self-Conscious
4. ወጪ አለው፤ It Makes You Spend Money,
5. ጥቂጥ ነፃነት ይፈጥርልናል፤ It Offers Little Privacy
6. ጤናን ይጎዳል፤ አይንና አእምሯችንን ሊያደክም ይችላል፤ It may hurt your health (Eyes, brain, ...).

## ስለዚህ የማህበራዊ ሚዲያ አጠቃቀማችን ምን መምሰል አለበት፤

- በጊዜ የተገደብን መሆን አለበት፤ Time bound
- የተመረጡትንና ብዙሃኑ የሚገለገልባቸውን ብቻ መርጠን መጠቀም፤
  - የስፖርት Web site, Facebook, whatsapp, Telegram, instagram, imo, Viber,
  - e-mail – Gmail, yahoo.
- የምናነበውን ጽሁፍና የምናየውን ቪዲዮ ርእሰ ጉዳይ መምረጥ አለብን፤
- ለመስማማት፣ ላለመስማማት፣ ለመጋራት ወይም አስተያየት ለመስጠት አለመፍጠን፤
  - Like, Comment, Share
- ስሜት ቀስቃሽ የሆኑና ጽንፍ የሚያሰዙትን ርእሰ ጉዳዮች ባናስተናግድ መልካም ነው፤
  - ያታወቁ፣ ፖለቲካዊ፣ ኃይማኖታዊ፣ ከዘር፣ ከብሄር፣ ከቋንቋ፣ ...
- እውነተኛ ምንጮችን ለመለየት መሞከር፤
- ለኔ አሁን የሚያስፈልገኝን ብቻ መምረጥ
- ካነበብንም ከተመለከትንም በኋላ ምን ጠቀመኝ ብሎ መገምገምን መልማመድ፤
- ሙያዬን እንደወደው ይደርጋል፤ ያነሳሳኛል፤
- መልካምነትን፣ በጎነትን ያስተምረኛል፤

## ከዚህ በተጓዳኝ ምን እናድርግ?

ከኮሮና ወረርሽኝ ጋር በተያያዘ የሚያስጨንቁ ምንባቦችን ማንበብ ወይም ሥዕሎች ማየት መቀነስ ያስፈልጋል፡፡

➤ ጠቃሚ መረጃዎችን ከትክክለኛ መረጃ ምንጮች ብቻ መውሰድ፤

ለምሳሌ፡- WHO፣ ከህብረተሰብ ጤና ኢንስቲትዩት፣ ጤና ሚኒስቴር እና እነዚህን ተቋማት መሠረት ካደረጉ ሚዲያዎች፤

➤ ከታመኑት ምንጮች የሚገኙት መረጃዎች ጥቅም፡-

- በግልም ሆነ በጋራ ወረርሽኝን ለመከላከል ተጨባጭ ተግባራትን አቅዶ ለማከናወን፤
- ራስንና አብረው ያሉትን ሌሎች ሰዎች ለመጥቀም ያስችላል።

- ወቅታዊ መረጃዎችን በየዕለቱ አንዴ ወይም ሁለቴ ማግኘት።
- ድንገተኛና በተመሳሳይ ሁኔታ ስለ አንድ ርእሰ ጉዳይ በተከታታይ የሚቀርቡ መረጃዎች ሰውን ሊያስጨንቁ ይችላሉ።

**ነገር ግን፡-**

- ተጨባጭ መረጃዎችን ብቻ በመጠቀም ወሬና የተሳሳቱ መረጃዎችን ያለመጠቀም።
- የሚታመኑና ተጨባጭ መረጃዎችን ከዓለም የጤና ድርጅት፣ ከጤና ሚኒስቴርና ከህብረተሰብ ጤና ኢንስቲትዩት ድረ-ገጽ፣ ፌስቡክ፣ ትዊተርና ቴሌግራም በመደበኛነት ማግኘት።
- ይህም ሁኔታ ትክክለኛውን መረጃ ከወሬ ለመለየት ስለሚያግዝ ፍራቻንና ጭንቀትን ይቀንሳል/ ያስወግዳል።

እነዚህን ማህበራዊ ሚዲያዎች ከመጠቀማችን አስቀድመን **think** የሚባለውን ጉድጓድ ማወቅ አለብን፤



ለሌሎች ከማጋራታችን አስቀድመን ደግሞ **share** ሊደረግ የሚገባው መሆን አለመሆኑን ማወቅ አለብን፤

